

# **NEWS & VIEWS**

**LOCATIONS** Monday - Friday 8 am - 4 pm

Senior Center Programs, Events, Classes: 23 Clark Road

Senior Connections Social Day Program: 2 Dundee Park Dr. #201

Administrative Offices: Town Hall, 36 Bartlet Street

**CONTACT INFORMATION** 

Phone: 978.623.8320 Email: seniorcenter@andoverma.gov Info Line: 978.623.8302 Web: andoverma.gov/seniorcenter



#### STAFF CONTACT INFORMATION

Director of Community Services
Jemma Lambert
jemma.lambert@andoverma.us

**Director of Elder Services**Jane Burns
jane.burns@andoverma.us

**Social Work/Outreach** Kristine Arakelian, LCSW karakelian@andoverma.gov

Transportation/Outreach Shawna McCloskey, LSW smccloskey@andoverma.gov

Volunteer Coordinator Ashley English ashley.english@andoverma.us

Office Assistant Chris Marshall chris.marshall@andoverma.us

Senior Connections

Day Program Coordinator
Stephanie McSurdy

Nutrition Staff Frank Melendez, Chef fmelendez@andoverma.gov Greetings! The Andover community has done a great job of staying home and doing their part to stop the spread of the Coronavirus. We are grateful to our first responders, healthcare workers, grocery/pharmacy staff, municipal employees and eldercare staff for their dedication and hard work during this difficult time. The Board of Health has been particularly supportive in offering their guidance on how we can keep residents and staff safe.

Our thoughts are now turning to programming. Check out page 3 as we have scheduled some live events. More events will be following so check out our Facebook page for updates.

Please reach out to the staff, you can leave us a message or send us an email. Best wishes! We look forward to seeing you soon, the Elder Services Staff.



This is an unprecedented time in our history. The COVID-19 pandemic is having an impact on the health of our loved ones, the businesses we rely upon, the health of the global economy, and the way we live our daily lives. As we all continue to navigate through

these unique and evolving challenges, we want you to know that Andover Veterans' Services is here for you.

As we address a pandemic that will no doubt become a chapter in the history books, Andover Veterans' Services commitment to you will not waver. You can call (978) 623-8381 or email

mark.comeiro@andoverma.us to speak with the Director of Veterans' Services, Mark Comeiro. Visit the Andover Veteran's website, <a href="https://andoverma.gov/234/Veteran-Services">https://andoverma.gov/234/Veteran-Services</a> to find helpful resources and information on benefits and services. Mark is available Monday through Friday from 8:30am – 4:30pm to assist you. Thank you and continue to stay safe.

# ANDOVER ELDER SERVICES

# **GROCERIES & PHARMACY**

#### **Grocery & Pharmacy Delivery Options:**

Market Basket: Instacart 1-888-246-7822

help@instacart.com

www.shopmarketbasket.com/

**Stop & Shop: –** Peapod 1-800-573-2763

www.peapod.com/

Whole Foods: Grocery Delivery 1-844-936-

8255 www.wholefoodsmarket.com/

grocerydelivery-and-pickup

Target: (Grocery)

www.target.com/c/grocery/-/N-5xt1a

Walmart - Delivery Unlimited

www.grocery.walmart.com/deliveryunlimited/

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**CVS Pharmacy:** Sign up online at cvs.com or

Main Street CVS (978) 470-0542

**<u>Le Tourneau's Pharmacy</u>** (978) 475-7779

# BE PREPARED

# MEALS ON WHEELS

Home Delivered Meals are available to any Andover elder who feels that would be helpful. If you would like to be added to that program, please give us a call at (978) 623-8320. We are waiving all eligibility requirements for the duration of this public health emergency.

## TRANSPORTATION

<u>Medical Transportation</u>: We will continue to provide transportation to vital medical appointments. Call (978) 623-8335

# FRIENDLY CALLER

Elder Services volunteers continue to check in with folks. Let us know of anyone we should be calling or if you would like to receive a call from a friendly voice. Call (978) 623-8320

If a family member is sick at home, they might be at risk of being hospitalized. Please have an emergency "go bag" ready for the hospital. Remember, visitors are not being allowed in the hospital, so it's best to have it all at the ready. These tips are worthwhile for all kinds of emergencies, so spending a few minutes now can help you for a long time to come! Items for your "go bag":

- Written, UPDATED and accurate list of medications: Name, Dose, Frequency.
- Cell phone charger! You can be in the E/R from 6 hours to 48 hours!
- List of emergency contacts and phone numbers **on paper**! If the patient is unconscious and the phone is locked or the battery is dead, hospital staff will need this.
- Primary Care Doctor contact info: Full name, phone number and office address.
- A book (or magazine, downloaded audible book, etc.) to read.
- Copies of: Healthcare Proxy, Advance Medical Directive, Power of Attorney.
- If the patient has a pacemaker or defibrillator: a copy of the pocket information card that states the brand, model number and MRI compatibility.
- If the patient has asthma or COPD, bring the inhalers!
- Extra batteries for hearing aid or other medical devices.
- Leave copies of important papers on the side of your fridge, with a magnet. EMTs are trained to look there for emergency information.

# LIVE PROGRAMMING AND SUPPORT

# Virtual Family Caregiver Support Group – Monday, May 18<sup>th</sup> 1:30-3:00 pm

The current health situation has been stressful and has presented new challenges for those caring for a loved one. Please join us for a virtual support group for family caregivers to connect with others, share concerns, and learn about available resources. This first meeting will feature guest presenter, Mark Cormiero, Andover Veterans Service Officer, to share information and resources. Please contact Ashley English at 978-623-8320 for log -in/call-in instructions.

#### Coffee and Conversation—Monday,

May 11 @ 10:00 am. Grab a cup of coffee and enjoy some light hearted conversation. Go to <a href="https://www.myactivecenter.com">www.myactivecenter.com</a> and sign up for the "Coffee & Conver-

sations" and you will get emailed a Zoom link to join our party! Or contact Elder Services at (978) 623-8320. You can join by phone or computer.

We are working to bring more programming to the community. Please continue to checkout our Facebook page or subscribe to our email blast for updates. To subscribe send an email to jane.burns@andoverma.us

# JONATHAN FRANZEN CORRECTIONS

#### Book Club—Thursday, May 14 @ 1:30

Monthly Book Club is back! Join us for a Zoom chat about the novel, The <u>Corrections</u> by Jonathan Franzen. To register go to

www.myactivecenter.com and sign up for the "Book Club" and you will get emailed a link to join our party! or contact Elder Services at (978) 623-8320 or jane.burns@andoverma.us. New readers welcome, you can join by phone or computer.



# Birthday Lunch—Friday, May 15 @ 1:30 pm

Grab your lunch and login for a fun time. If your birthday was in April or May and you join the call, you will be entered into a drawing for a prize (for each month). There is no cost to join and along with some musical en-

tertainment. To register go to www.myactivecenter.com and sign up for Birthday Lunch or contact Elder Services at (978) 623-8320 or jane.burns@andoverma.us. You can join by phone or computer.

#### Trivia with Caren—Friday, May 8 @ 2:00 pm.

Join us for this fun trivia program. You can connect through Zoom or by phone (no computer necessary). Caren Connor will test our knowledge on various topics. Prizes! Go to www.myactivecenter.com and sign up for the "Zoom Trivia Party" or contact Elder Services at (978) 623-8320 and you will get emailed a link to join our party!



Water Color Painting with Gail—Wednesday, May 27 @ 10:00 am. Back by popular demand, join Gail Arpin-Finck as she leads a class in painting 2 rustic summer daisies. This is a free 90 minute Zoom class. Upon registration you will receive a Zoom link and instructions for picking up your supply kit (included). Class size is limited, please register by May 18 at <a href="www.myactivecenter.com">www.myactivecenter.com</a> If you have any questions contact the Sr. Center at (978) 623-8320

#### **VETERANS ASSISTANCE**

#### Military Heroes Fund COVID-19 Emergency Financial Relief Program

The COVID-19 Emergency Financial Relief Program provides assistance to all Veterans, Active Duty, Reserves and National Guard who are experiencing a setback due to the pandemic.

https://penfedfoundation.org/apply-for-assistance/coronavirus-emergency-financial-assistance/

**COVID-19 Massachusetts Military Family Relief Fund -** Provides immediate financial relief to Massachusetts military families and Families of Fallen Service Members to purchase groceries, health supplies and other necessities. The Fund will be open to active military, National Guard, Reserves and Families of Fallen Service Members who reside in Massachusetts.

https://www.militaryfriends.org/military-friends-foundation-launches-covid-19-massachusetts-military-relief-fund/"

#### **Clear Path for Veterans New England Pop-Up Empowerment Centers**

We are currently providing Service Members, Veterans, and their families with boxes of non-perishable food supplies. Sign up to reserve your box at one of the following locations: 100 Sherman Ave, Devens, MA 01434 and 90 Pleasant Valley St, Methuen, MA 01844 https://www.clearpathne.org/clear-path-for-vetera



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# STAY ACTIVE STAY FIT

# Tune in each day at 10:00 am & 4:00 pm to ANDOVER TV (Comcast Channel 8 or Verizon Channel 47)

Sunday	10:00 am 4:00 pm	Gentle Yoga Fitness for Adults over 60
Monday	10:00 am 4:00 pm	Sit & Get Fit Tai Chi (24 Posture Chuan Style)
Tuesday	10:00 am 4:00 pm	Men & Women in Motion Yoga – Healthy Back
Wednesday	10:00 am 4:00 pm	Sit & Get Fit Healthy Bones & Balance
Thursday	10:00 am 4:00 pm	Strength Training Yoga – Stress Relief
Friday	10:00 am 4:00 pm	Tai Chi (24 Posture Chan Style) Yoga for Beginners
Saturday	10:00 am 4:00 pm	Healthy Bones & Balance Men & Women in Motion



#### Chair Yoga with Robin Gibb

Facebook (prerecorded)

https://www.facebook.com/RobinsYogaandHealing/



#### Tai Chi with Meg Holmes

https://tinyurl.com/qtpbb31

#### Yoga with Pat

http://www.patsyoga.com/videos/



#### Meditation with Chip

Zoom: Thursdays 10am - 10:45am

To join email chiprdcarter@gmail.com for the weekly updated free link

## SUMMER FITNESS SESSION AT CLARK RD

Provided it is safe to open and gather, we will again offer fitness programs at Clark Rd and various locations around Town. Please be on the look out for updates from Elder Services as to the schedule and location.



#### **Beware of Scams Related to the Census**

The US Census WILL NOT call you except in rare circumstances. If you receive a call from someone saying they are from the US Census Bureau and you haven't responded yet, hang up the phone

- ◆ Do not provide your personal information including your Medicare number to someone you do **not know.**
- ◆ Census enumerators are not scheduled to start door-to-door visits until May. They will be wearing ID badges that confirm their official visit.

## **COMMUNITY CONNECTION**



# Discovery Center for Civic Engagement "Discover Your Purpose" Virtual Presentation -- May 28, 10:00—11:00 am



The Discover Center for Civic Engagement is a program that is new to Andover Elder Services. "Discover Your Purpose" provides a framework that focuses on purpose, connection and life balance and their positive impacts on health, longevity and happiness. Attendees gain an understanding of their own motivations and develop their own personal "Purpose Statements" through exercises that explore values, talents and interests during the seminar. Attendees will leave with a sense of how their personal meaning can benefit others through connected lives with purpose. Contact Ashley English, Volunteer Coordinator at 978-623-8320 to register and to receive log-in information.

#### **Election Officers Wanted!**

Andover is looking for new election officers to work our elections. Election officers check-in voters, operate the ballot box, help tally the results, and make democracy come alive in Andover. These positions are paid and bring enormous civic engagement and personal satisfaction. Please consider joining the more than 100 residents currently serving as election officers. If you are interested in applying for this important role, please email <a href="mailto:townclerk@andoverma.gov">townclerk@andoverma.gov</a> or call (978) 623-8230



#### FY21 SCRPT (Senior Citizen Residential Property Tax Work Off) Volunteer Program

It's that time of year again! Enrollment/renewal for the SCRPT Volun-

teer Program. New volunteers should contact Ashley English, Volunteer Coordinator at 978-623-8320 for phone interview. If you are currently enrolled in the SCRPT Volunteer Program, an email will be sent to you with an attached FY21 Renewal Application. Volunteers without email can request forms by contacting Ashley.

Deadline to enroll is Tuesday, June 30<sup>th</sup>. Please complete all application forms and mail to:

Town of Andover Elder Services SCRPT Program 36 Bartlet St. Andover, MA 01810

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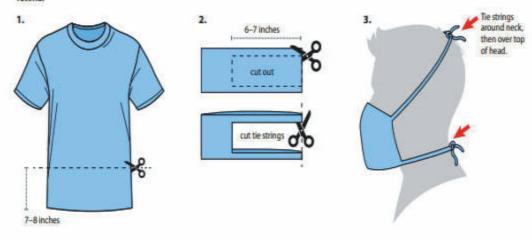
# No sew face mask

# Quick Cut T-shirt Cloth Face Covering (no sew method)

#### Materials

- T-shirt
- Scissors

#### **Tutorial**

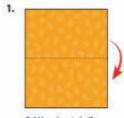


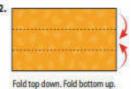
# Bandana Cloth Face Covering (no sew method)

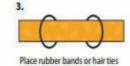
- Bandana (or square cotton cloth approximately 20"x20")
- · Rubber bands (or hair ties)

· Scissors (if you are cutting your own cloth)

#### **Tutorial**







about 6 inches apart.

Fold bandana in half.







# CARING FOR A LOVED ON WITH DEMENTIA

# alzheimer's 8

## COVID-19: Caring for a Person Living with Dementia at Home

Emergency situations, such as the current COVID-19 pandemic, present special challenges to those caring for a loved one with dementia. Your typical routine is likely disrupted, and the programs and services you may utilize (like adult day care or senior centers) may be inaccessible. You may have difficulty structuring the day, and stress may be high for everyone at home. Disruptions caused by the COVID-19 outbreak may increase the need for caregiver assistance, so during this time when respite may be limited, it is important to incorporate time for caregivers to get a break. Consider the following tips:

#### Structuring the day

A person with Alzheimer's or other progressive dementia will eventually need a caregiver's assistance to organize and navigate the day. The amount of assistance needed depends on the degree of cognitive impairment. Structured and pleasant meaningful activities support a sense of purpose, reduce agitation, and improve mood. Planning activities and structuring a day with a person with dementia works best when you continually explore, experiment and adjust.

#### Sample Daily Plan

#### Morning

- Prepare and eat breakfast
- → Have a conversation over coffee
- Discuss the newspaper, try a craft project, reminisce about old photos
- Take a break, have some quiet time
- → Do some chores together
- √ Take a walk, play a game

#### Afternoon

- Prepare and eat lunch
- ✓ Read mail, wash dishes
- Listen to music, do crossword puzzles, watch TV
- Do some gardening, bake, take a walk, call a friend
- ✓ Take a short break or nap.

#### Evening

- Prepare and eat dinner, clean up the kitchen
- Reminisce over coffee and dessert
- Play cards, watch a movie, give a massage
- Take a bath, get ready for bed, read a book

#### Choosing Activities

Planning activities for a person with dementia works best when you continually explore, experiment and adjust. In general, if the person seems bored or irritable, it may be time to introduce another activity or to take time out for rest. The type of activity and how well it is completed are not as important as the engagement and sense of purpose the person gets from doing it.

(Continued)

Our 24/7 Helpline is available for around-the-clock care and support at 800.272.3900 ERTISERS THAT SUPPORT OUR (

# **COOKING WITH CHEF FRANK**

# Vermont Apple Crisp

## **Ingredients:**

1LB Sliced Can Apples

1/3 Cup Maple Syrup

3Tbs Cinnamon

1LB Butter soft

1LB Flour

1LB Brown Sugar

1\2 cup Diced Walnuts

#### **Directions:**

Mix Slice Apples, Maple Syrup, 2tbs of Cinnamon in a baking pan. Mix Butter, mix Flour, 1tbs of Cinnamon together to make a Crumb place on top of Apples Preheat oven to 325 Degrees for 5 Minutes then place pan in oven Bake for 1 Hour.

## MeatLoaf

# **Ingredients:**

2LB Ground Beef

2 Medium Eggs

½ cup Finely chopped onions 2tbs Worcestershire sauce

1tbs Dry Mustard

½ cup Ketchup

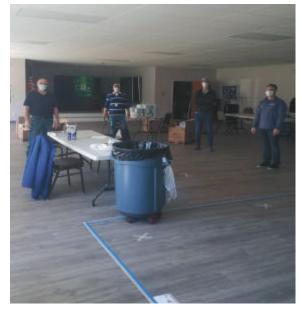
2cups Old Fashion Quick Oats

1ts White Pepper

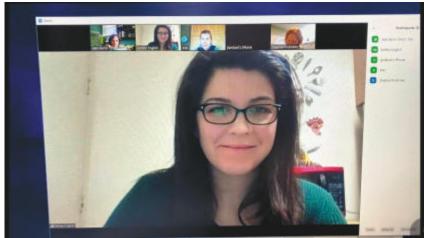
#### **Directions:**

Mix all Ingredients together in a mixing Bowl or a Bowl, place in a loaf Pan or make a Loaf, Place in a Baking Pan if you do not have a Loaf Pan Place in oven at 350 Degrees for 1 Hour or TEMP IS 150.

# Social Distancing at the Senior Center







**Zoom Staff Meeting** 



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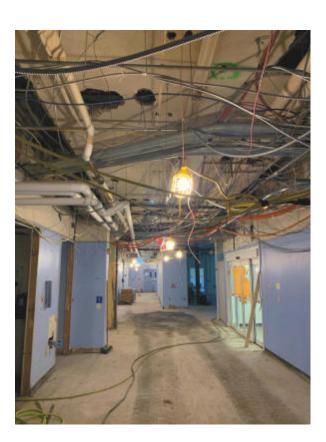
# **ROBB CENTER CONSTRUCTION CORNER**



# Follow the construction on Instagram: The Robb Center

Instagram







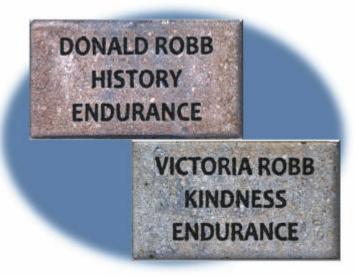




# Celebrate! Commemorate! Remember!

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occasion, commemorate past
accomplishments or a fond memory
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Zip:													

13 spaces per line (INCLUDES SPACES)

# Senior Connections Social Day Program

Our Social Day Program is temporarily closed due to the COVID-19 crisis, however, the staff members have been contacting participants weekly to check-in. These calls may just be a friendly conversation to provide some social interaction as we continue to stay at home in order to slow the spread of COVID-19. Staff are also ensuring that our participants have access to food, groceries, and medications through these weekly calls.

Senior Connections participants receive packets in the mail which include a variety of puzzles—word searches, crossword puzzles, sudoku, etc. These are a great way to pass the time at home while also keeping the mind active! A few puzzles have been included in this newsletter so get your thinking caps on and enjoy!







#### Mother's Day Second Sunday of May

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#### **Andover Senior Center**

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